

*Devon*  
**JOHN R. R. POLLOCK,**

*Medical Officer of Health,*

*Tiverton Rural District.*

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# **REPORT**

**For the Year ending 31st December, 1913.**

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TIVERTON :

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TO THE  
TIVERTON RURAL DISTRICT COUNCIL.

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MR. CHAIRMAN AND GENTLEMEN,

I have the honour to lay before you my Report on the Health of the District, during the year ending 31st December, 1913.

**Area.**—The total area of the Tiverton Rural District is 85,368 acres or about 133 square miles, supporting a population, according to the census of 1911, of 15,340. This works out at about one inhabitant to every  $5\frac{1}{2}$  acres of land in the District.

**Industries.**—The principal industries carried on in the District are Stock-raising and Dairy-farming, for which the character of the country under consideration, is eminently suitable, consisting as it does, of upland rolling pastures intersected by deep well-watered valleys.

The only industries beyond Stock-raising and Dairy-farming which give employment to any considerable number of the inhabitants are Paper-making and Woollen work, which manufactures are carried on in factories situated near the river Culm,

one of the rivers of the District, the other two being the Exe and the Lowman.

**General Health.**—The General Health of the District during the year 1913 can again be described as excellent, there being only 155 deaths of residents within the District. This is exactly the same number of deaths as occurred during the preceding year of 1912. The Death-rate for the past year of persons who died within the boundaries of the District is 10·11, but before the general Death-rate is obtained, we have to add 29 deaths of so-called “Residents” who died in Institutions and elsewhere, beyond the District, and whose deaths have been transferred back to the District. By adding these deaths the General Death-rate is raised to 12·00 per 1000.

The Factor for this District for arriving at the “Corrected Death-rate” is this year ·8824 which multiplied by the “Recorded” Death-rate gives the “Corrected” Death-rate of 10·58.

More than half of the “Residents” who died within or beyond the District were 65 years of age or upwards; four were over 90; 23 were between 80 and 90; and 46 were between 70 and 80 years of age. The average age of each resident who died within the District during 1913, was 55·81 years.

There is virtually no Zymotic death-rate for this year, as the only death which might be placed under a Zymotic classification, was one death caused by an attack of Measles.

**Infant Mortality.**—During 1913 there were only 11 deaths of Infants under one year of age registered. This is by far the lowest number ever recorded for this District, and gives a Death-rate for Infant Mortality of only 38·87 per 1,000 births.

These 11 deaths are attributed to the following causes:—Bronchitis 1, Gastritis 1, Atelectasis 2, Congenital Malformations 1, Premature Births 2. Debility 1, and “Other Causes” 3. Total 11.

### Comparison of Causes of Death.

				1912	1913	Increase	Decrease
Measles	...	...	...	—	1	1	—
Whooping Cough	...	...	...	2	—	—	2
Influenza	...	...	...	1	7	6	—
Phthisis	...	...	...	12	10	—	2
Cancer	...	...	...	10	11	1	—
Rheumatic Fever	...	...	...	—	1	1	—
Meningitis	...	...	...	—	3	3	—
Bronchitis	...	...	...	13	17	4	—
Pneumonia	...	...	...	11	7	—	4
Other Respiratory diseases	...	...	...	2	3	1	—
Nephritis	...	...	...	7	11	4	—
Puerperal Fever	...	...	...	1	—	—	1
Other Accidents of Parturition				2	4	2	—
Congenital Debility	...	...	...	5	6	1	—
Violent Deaths	...	...	...	5	2	—	3
Suicides	...	...	...	1	2	1	—

There were 77 deaths of males and 78 deaths of females within the District. In the 29 deaths of Residents transferred back to the District, 19 deaths were males and 10 females.

**Notifications.**—The number of cases of Infectious Diseases notified during the year was 74, as against 71 in 1912. The notifications were as follows: Diphtheria 9; Erysipelas 6; Scarlet Fever 31; Enteric Fever 1; Pulmonary Tuberculosis 21; Other forms of Tuberculosis 6; Total 74.

In most of the Scarlet Fever cases notified there were no apparent source of origin of the disease, the sanitary condition of the houses and also the milk supply being found to be in good condition. In one case it was found that the infection was probably imported by visitors from London. In another case infection was most likely carried in letters received from relatives who had had Scarlet Fever.



On visiting the notified cases of Tuberculosis and enquiring into the family history of the patients, it was found that in seven of the cases, blood relations of the persons affected, had died of Phthisis, but in the remaining cases the family history appears to have been healthy and sound.

**Birth-rate.**—The Birth-rate for 1913 was only 18·47 being the lowest ever recorded in this District, the next lowest being 19·08 for the year 1910.

The total births for the year numbered 283, of which 140 were boys and 143 girls, of these children 1 boy and 5 girls were illegitimate.

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Having now analysed and dealt in detail with the necessary Tables I., II., III. and IV., I shall proceed to deal with the various points upon which information is required as stated in the “Memorandum to Medical Officers of Health,” issued by the Local Government Board.

### ***α.*—Natural and Social Conditions of the District.**

#### **(1) Physical features and general character of the District.**

Most of the Tiverton Rural District is comprised in that part of the country which is drained by the Rivers Exe, Culm and Lowman and their tributaries. The general character of the surface of the District presents a picture of rolling hills and well watered valleys, rising steadily from the lowest point in the Parish of Thorverton in the south till it attains a height of 900 feet above sea-level at Blackborough in the Parish of Kentisbeare.

The soils and subsoils vary greatly in character and consistency in the different parishes. In the larger portion of the District the soil is either clay, marl, sand or loam, and the subsoils are either clay, marl, gravel, or rock.

(2) **The Population at the 1911 Census was 15,340.**

**Estimated Population for 1913 is 15,320.**

The inhabitants of the District being largely engaged in agricultural pursuits are very evenly distributed among the different Parishes of the District, and are in general a sturdy, healthy class of people. Besides the farmers and their assistants, part of the population, principally in the villages, are employed in the mills, in shop-keeping, and in various other trades required for the carrying on of the necessary business of life.

**Poor-Law Relief.**—The amount expended by the Guardians on outdoor relief in the District during the year ending 30th September, 1913 was £1,676 as compared with an expenditure of £2,647 during the year ending 30th September, 1908. During the past year 75 paupers admitted from the Parishes comprised in the Rural District were maintained in the Workhouse as against 93 five years ago.

## **b.—Sanitary Circumstances of the District.**

### **WATER SUPPLY.**

During 1913, Samples of Water have been taken from many of the wells of the town of Cullompton, and these have shown a great improvement on the samples taken from these same wells in former years. This improvement must be attributed to the better general drainage which has been instituted in various streets of the town. Defects in this important matter have been remedied in the following districts of the town, viz., Fore St., High St., New St., Crow Green, Pound Square, Duck St., and Church Lane.

The Reservoir at Bradninch yielded a full supply to the inhabitants of the town.

At Silverton, the work on the new Reservoir is now in progress. When this has been completed a full supply of water should be available for all the inhabitants of the village.

The public water supply in the village of Morebath, is working satisfactorily.

The rest of the District depends upon Wells and Springs to furnish the necessary supplies of water.

There has been no shortage of water in any quarter of the District.

## POLLUTION OF RIVERS.

Steps are being taken to prevent any danger of the pollution of rivers or streams from the effluents of factories or otherwise.

**Cullompton.**—This matter will be dealt with as soon as it is possible to get on the land. Plans are ready and the work, etc., approved.

**Uffculme.**—This work involves the laying of new sewers for Coldharbour. The scheme when completed, will have to be submitted to the Local Government Board as a Loan will be required.

## DRAINAGE AND SEWERAGE.

The making of house connections with the new sewerage system at Bradninch is nearly completed.

Additional six inch sewer has been added at Bradninch, and new drainage been constructed at Hele.

New drains, house drainage, closets, and other sanitary work have been carried out at the following places: Bradninch, Cullompton, Halberton, Morebath, Sampford Peverell, Silverton, Uffculme and Thorverton.

The other sewers and drainage systems throughout the District are all working satisfactorily.



## CLOSET ACCOMMODATION.

The Privy and Closet Accommodation cannot be considered as fully adequate to the requirements of the community, as the average allowance throughout the District, under the present conditions, is not over two closets to every three houses, say 2,500 in all. In a very few cases there is only one closet for three families.

There are established drainage systems in all the villages, and in these places the hand-flushed water-closet is in use, the closet pan being of the old Hopper type. Bradninch is an exception as there, flushing cisterns have been installed.

In the country districts, either the pail system or cess-pits are in general use. In these cases the contents are usually buried in some part of the garden ground.

No privies have been converted into the water-carriage system during the year.

## SCAVENGING.

There are no moveable ash-bins made use of in the District.

In Cullompton, the Town Scavenger removes House Refuse from the principal streets daily, and from the less important streets twice a week.

In Bradninch, Silverton and Uffculme, the refuse is removed bi-weekly by the officially appointed Scavenger.

In all other parts of the District, this duty has to be attended to by the occupants of the houses, and there has not been any complaint of this work not having been properly carried out.

## Sanitary Inspections of the District.

The usual course of visiting and inspecting the Sanitary conditions throughout the District has been carried on in conjunction with the Sanitary Inspector.

The number of houses and premises inspected was 227. The results of these inspections were as follows:—

Found in satisfactory condition	...	...	41
General Repairs required	...	...	118
Whitewashing required	...	...	83
Damp	...	...	19
Defective Closets and Drains	...	...	49
Defective Water Supply	...	...	9
Insufficient Ventilation	...	...	47

Informal notices were served in 186 cases with the result that the majority of the defects have been remedied and the work of repair is proceeding in the remaining cases.

There have been numerous re-inspections.

## Premises and Occupations which can be controlled by Bye-laws and Regulations.

There are not any Common Lodging-houses, Offensive Trades, or underground sleeping rooms in the District, therefore it has not been necessary to take any action under Housing and Town Planning, &c. Act, 1909, Section 17.

## SCHOOLS.

The Schools of the District have been visited and their general condition has been found to be good.

The Water Supply in the Cullompton School was formerly insufficient, both for drinking and flushing purposes, but this defect has been remedied.

At Bradninch Girls' School new closets have been installed and the drainage system reconstructed.

Ventilation and ingress of light have been increased at Oakford School.

### **MILK—(a).**

The supply of Milk throughout the District is generally considered to be good and sufficient, but so far no samples have been tested to ascertain whether they harbour tubercle bacilli.

The Dairies of the District have been inspected as to the condition of the water supply, air space, cleanliness and general character, according to the requirements of the Dairies, Cowsheds and Milkshops Order of 1885, and Farmers and Dairymen have been fully instructed as to the provisions of the Order.

There are 60 Registered Dairies in the District and these have been subjected to numerous inspections at various periods of the year and have been found to be clean and in good order.

### **MEAT AND OTHER FOODS—(b).**

No action has been taken under Section 117 of the Public Health Act of 1875.

No carcasses, nor parts of carcasses, have been condemned as being infected with Tuberculosis.

There are 29 Slaughter-houses in the District and 12 (verbal) White-washing Notices were given to the occupiers of these premises.

Nine out of the 33 Bakehouses of the District, upon inspection, were found to require white-washing and the occupants were notified, and the work has been carried out.

## HOUSING.

The number of dwelling-houses inspected under, and for the purposes of Section 17 of the Act of 1909 was 227.

Dwelling-houses unfit for human habitation	...	...	0
Number of representations made to local authority with a view to making closing orders	...	...	0
Number of closing orders	...	...	0
Number of dwelling-houses the defects in which were remedied without closing orders	...	...	186
Number of dwelling-houses which after making closing orders were put in a fit state for human habitation			0

General character of defects found to exist as follows: Necessity for general repairs; Dampness; White-washing needed; Closets; Drains or Water Supply defective.

Water certificates have been granted for 17 new houses, during the year.

Building plans have been passed by the Council for 21 dwelling-houses, and 1 slaughter-house.

At present there appears to be a sufficiency of housing accommodation for the working classes except in the Parishes of Silverton, Willand and Halberton. New houses are being erected in Silverton and Bradninch. Six houses are in course of erection at Ellerhayes.



## WORKSHOPS, WORKPLACES, &c.

*(See Special Table).*

### c.—Sanitary Administration of District.

- (1) One Medical Officer of Health.

One Sanitary Inspector.

- (2) Isolation Hospital for the treatment of Infectious Diseases is provided by the Tiverton Joint Hospital Board for a District which includes the Rural District of Tiverton.

Two Infectious Diseases can be treated concurrently.

Total available beds 23.

STAFF: Matron, 3 Nurses, Laundress, Cook and Care-taker.

The administration of the Hospital is in the hands of a Board, the members of which are appointed by the Tiverton Town Council and the Tiverton Rural District Council.

- (3) There are no local Acts in force in the District.

The Adoptive Acts in force in the District are as follows :

(a) Part III. of the Public Health Act, 1890.

(b) Infectious Diseases (Prevention) Act, 1890.

### Prevalence and Control of Acute Infectious Diseases.

On the notification of an Infectious Disease being received, the case is visited, and all the premises inspected, drains examined and milk supply enquired into. If it be considered advisable the

patient is removed to the Isolation Hospital, after which the premises, bedding and clothing are thoroughly disinfected, for which purpose Formaline or Jeyes Fluid is used to disinfect the premises, the walls being treated with some form of disinfecting sanitary solution. Clothing and bedding are disinfected by the steam apparatus belonging to the Isolation Hospital.

Four cases of Diphtheria and sixteen cases of Scarlet Fever were removed to the Isolation Hospital during the year. All the cases recovered.

Thirty-one cases of Scarlet Fever were notified. Eleven of these notifications came from the Parish of Oakford between the 23rd of February and the 26th of May and referred entirely to children of school age. Since the end of May no case has been notified from Oakford, nor were there any in 1912.

Nine cases of Diphtheria were notified. Eight of these notifications came from the Parish of Washfield in the months of March and April. The school was closed for 14 days, after which there were no more cases, notified from this District. Five swabs were taken, three of which were Positive, and two Negative.

In suspicious cases of Diphtheria swabs are taken; also samples of sputum and blood in doubtful cases of Tuberculosis and Enteric respectively. This method has been found to be of great service.

An official Bacteriologist has been appointed for the County of Devon.

When a school intimation of disease is received, the school is visited and full investigations made into the cause of the intimation, and such steps as are considered necessary and advisable are taken to check any spread of the disease.

## **Prevalence of and Control over Tuberculosis.**

During 1913 there were 27 notifications of Tuberculosis received (14 males and 13 females). Pulmonary Tuberculosis: Ages 5 to 15, 3; 15 to 25, 2; 25 to 45, 9; 45 to 65, 6; 65 and over, 1; Total 21. Other Forms of Tuberculosis: Ages 5 to 15, 2; 15 to 25, 1; 25 to 45, 2; 45 to 65, 1; Total 6.

On receipt of notifications all cases are visited by the Medical Officer of Health, and full instructions as to necessary precautions are given to the patient and relatives.

On the removal or death of the patient all bedding and premises are thoroughly disinfected by the Sanitary Inspector.

In two of the notified cases the patients are undergoing the Open-air treatment in shelters in their own gardens.

In three cases the patients refuse to go to a Sanatorium for treatment.

Two cases have gone to a Sanatorium.

There is no Sanatorium within the District.

The Divisional Tuberculosis Officer visits all cases of Tuberculosis within his district, and advises as to treatment.

## **INVESTIGATION OF OTHER DISEASES.**

There are no known influences threatening the District.

### **g.—Means for Preventing Infant Mortality.**

In this District there were only 11 deaths of children under one year of age, which is equal to a death-rate of 38·87 per 1,000 nett births.

This Infantile Death-rate is so low that its continuance in future years is hardly to be expected.

Special attention is being directed to the supervision of the milk supply, the general cleansing of yards, premises and the surroundings of the dwellings, drains, etc.

In the Annual Report for 1903 the following suggestion was made:—“As now-a-days so many mothers are either unable or unwilling to suckle their offspring, it might be advisable to have cards or circulars printed and distributed to parents at the time of the registration of a birth, each card to state plainly the advantage the child derives from its mother’s nursing, and at the same time a few simple directions should be given as to the best methods of artificial feeding, to be used in cases where this may be found to be a necessity. Under the present ignorance displayed in the feeding of young and delicate children, the surprise is not that the deaths are so many but rather that they are so few.”

### BIRTH AND DEATH RATES.

		1911.		1912.		1913.
<b>Birth Rate</b>	...	<b>20·33</b>	—	<b>19·23</b>	—	<b>18·47</b>
<b>Death Rate</b>	...	<b>12·64</b>	—	<b>10·82</b>	—	<b>12·00</b>
<b>Infantile Mortality</b>		<b>70·51</b>	—	<b>67·79</b>	—	<b>38·87</b>
<b>Zymotic Death Rate</b>		<b>·521</b>	—	<b>·195</b>	—	<b>Nil.</b>

*The Report of the Sanitary Inspector is attached hereto.*

I have the honour to be, Gentlemen,

Your obedient Servant,

**JOHN R. R. POLLOCK,**

M.O.H. TIVERTON RURAL DISTRICT.



# Sanitary Inspector's Annual Report

*For the Year ending December 31st, 1913.*

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## TO THE TIVERTON RURAL DISTRICT COUNCIL.

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MR. CHAIRMAN AND GENTLEMEN,

I beg to submit my Annual Report for the past year.

### HOUSING.

In accordance with the Regulations of the Act, I have made a thorough inspection of a considerable number of houses in various parts of the District, and have furnished reports to the General Purpose Committee as to the condition of 227 houses, 186 of which were more or less defective. A very small proportion were however in a bad structural condition. The defects found were as follows :

General repairs necessary	...	...	...	...	118
Water Supply unsatisfactory	...	...	...	...	9
Drainage, Closets, &c., do.	...	...	...	...	49
Ventilation insufficient	...	...	...	...	43
Damp	...	...	...	...	19
White-washing, &c., required	...	...	...	...	83

Notices of these defects have been sent to the respective Owners asking them to remedy, by carrying out work as advised. Most of these notices have been complied with; the remaining work is still in progress.

No cases of Overcrowding have been reported during the year.

## **SEWERAGE.**

The sewers throughout the District are generally satisfactory.

A new section of six-inch sewer has been constructed in the Hele Road, Bradninch for the drainage of new cottages.

Hele Village has also been re-sewered and drained by the Hele Paper Company.

Various other works have been carried out at Bradninch, Cullompton, Sampford Peverell, Silverton, Thorverton, and Uffculme.

## **HOUSE DRAINAGE.**

A number of new drains have been constructed at Bradninch, Cullompton, Halberton, Oakford, Sampford Peverell, Silverton, Thorverton, Uffculme, and Willand. Several new Closets have been built, and a number re-constructed.

This work at Bradninch is almost completed.

## **HOUSE REFUSE.**

In Bradninch, Cullompton, Silverton and Uffculme, this is removed by the Sanitary Authority. In the other parts of the District it is disposed of in gardens, allotments, &c.

## RIVERS POLLUTION.

At Cullompton and Uffculme pollution sometimes takes place through the sewage overflowing into grips which lead to the river.

In the case of Cullompton, the necessary works for prevention have been approved, and will be carried out as soon as we can enter on the land.

At Uffculme, the work required is more extensive. Plans are in course of preparation.

## WATER SUPPLY.

Bradninch and Silverton are the only places having a Public Supply; the rest of the District being served by shallow wells, pumps, and overflowing springs.

These are generally satisfactory, but in some cases liable to discolouration during heavy rains, or contamination from defective drains.

Several wells have been cleaned out, and fourteen new ones sunk.

At Cullompton, the quality of the water in several wells has been improved by the re-construction of defective drains.

## WATER ANALYSIS.

Forty samples have been taken, twenty of which were of good quality, twelve fair, and eight unfit for use. These wells have been dealt with but are still under observation.

## **CERTIFICATES OF WATER SUPPLY.**

Certificates have been granted for seventeen houses.

## **BAKEHOUSES.**

These number thirty-three, none of which are underground. Frequent inspections have been made and they are kept generally in good condition. I have, during the year, given nine verbal notices to whitewash ; these were at once complied with.

## **SLAUGHTERHOUSES.**

There are twenty-nine Registered ; these have been regularly inspected, and are found usually clean and in good order. I have given twelve verbal notices to whitewash, and two for the removal of offal. These were speedily complied with.

## **DAIRIES AND MILKSHOPS.**

There are sixty registered for the sale of milk ; I have made frequent inspections and find them kept in a satisfactory condition. The utensils are usually very clean.

FARMHOUSE DAIRIES :—Larders have been provided in many cases, to avoid keeping food in the Dairy.

## **FACTORIES, WORKSHOPS, &c.**

These are all kept in good condition.

Ventilation and sanitary arrangements are satisfactory.

Fire Exits are provided as required.

No Outworkers are employed.



## **SCHOOLS.**

The Schools throughout the District are well looked after; they are kept clean and sanitation is generally good.

At Bradninch, the drainage at the Girls' School has been partially reconstructed, and new closet pans fixed.

At Cullompton, the water supply for flushing purposes has been greatly improved, and a good supply of drinking water provided.

At Oakford Girls' School, more efficient ventilation has been provided.

The Schools at Oakford and Washfield were thoroughly disinfected after outbreaks of Diphtheria and Scarlet Fever.

## **COMMON LODGING-HOUSES.**

There are none in the District.

## **INFECTIOUS DISEASES.**

Seventy-four notifications have been received. Thorough disinfection of the premises, bedding, clothing, etc., has been carried out.

## **SCAVENGING.**

This throughout the District has been fairly satisfactory.

## PLANS OF NEW BUILDINGS.

The following plans have been approved :

Bradninch	...	...	...	Three dwelling-houses.
Cullompton	...	...	...	One dwelling-house.
Halberton	...	...	...	Two dwelling-houses.
Kentisbeare	...	...	...	Two dwelling-houses.
Loxbeare	...	...	...	Royal Oak Inn.
Morebath	...	...	...	Four dwelling-houses.
Oakford	...	...	...	One dwelling-house.
Sampford Peverell	...	...	...	Additions to Old Rectory.
Silverton	...	...	...	Six dwelling-houses.
Uffculme	...	...	...	One dwelling-house.
Willand	...	...	..	Slaughter-house.

I have the honour to remain, Gentlemen,

Yours obediently,

**ROBT. ELLIS,** M.I.MUN.E.,

*Sanitary Inspector.*